# Surfers Swim Team

Wes Deist Aquatic Center

(208) 612-8519 • 149 7th Street, Idaho Falls www.idahofallsidaho.gov/AquaticCenter

The WDAC's Surfers Swim Team is for swimmers ages 3 and up. This team will provide swimmers with the opportunity to develop swimming skills, sportsmanship, improve their physical fitness, and have fun in a low competitive environment. Different skill levels are available each day of the week to accommodate every swimmer's needs and experience.

# Spring Session 2 April 12 – May 22, 2021

At this time, the observation area is limited. Only one parent is allowed in the building per family. Cost of Each Practice Slot: \$54 (City Rate Price \$43.50)

## **Annual Registration Fee \$45**

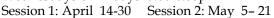
Swim Meet Saturday, May22nd Time 9am-12pm (All Levels)

### **Dive & Turn Clinics**

Three-week clinic focused on diving and turns for every stroke. No annual registration is required for this clinic.

#### For those in Reef - Big Kahuna

Wednesdays or Fridays 5:00-6:00pm



# **Practice Schedule**

Listed below is the schedule for practices. Registration is required for each practice time. Classes may be cancelled due to lack of registration or current health requirements. Please check current availability at www.idahofallsidaho.gov/registration

Swimmers may make up missed practices by attending a public or lap swim time and checking in at the front desk. Coaches will not be available during these times. There are no scheduled make-up days for this session.

MONDAYS				WEDNESDAYS			
4:30-5:10pm	Turtle	Scuttle	Junior	4:00-5:00pm	Reef	Tidal	
5:15-5:55pm	Turtle	Scuttle	Junior	4:30-5:10pm	Junior		
4:00-5:00pm	Reef	Tidal		5:00-6:00pm	Dive /Tu	rn Clinic	
5:00-6:00pm	Colossal	Big Kahuna		5:15-5:55pm	Turtle	Scuttle	

TUESDAYS	THURSDAYS		
4:00-5:00pm Tidal	4:00-5:00pm Tidal		
4:15-4:55pm Junior	4:15-4:55pm Junior		
5:00-6:00pm Reef	5:00-6:00pm Colossal Big Kahuna		
5:00-5:40pm Junior	5:00-5:40pm Junior		

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5:00-6	:00pm	Reef	Tidal	Dive/Turn Clinic
4:20-5	:00pm 1	Turtle	Scuttle	Junior



Register Online: www.idahofallsidaho.gov/registration In Person @ at the Aquatic Center 149 7th Street—Idaho Falls Reaistrations cannot be processed over the phone

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Three-week clinic focused on diving and turns for every stroke. No annual registration is required for this clinic.

#### For those in Reef - Big Kahuna

Wednesdays or Fridays 5:00-6:00pm Session 1: April 14-30 Session 2: May 5-21

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5:00-6:00pm	Reef	Tidal	Dive/Turn Clinic
4:20-5:00pm	Turtle	Scuttle	Junior



# Level Descriptions

#### Turtle Surfers (40-minute Sessions)

Coached entirely in the shallow end, Turtle Surfers will help young swimmers develop propulsion skills on both their back and their front.

Prerequisites: Pass Preschool Level 2 Lessons OR: Comfortable in the water Performs floats on front and back Able to put face in the water Jumps into the shallow end without hesitation

#### Scuttle Surfers (40-minute Sessions)

Scuttle Surfers are coached half the time in the shallow end and half of the time in the deep end. Scuttle Surfers will continue to develop stroke technique on both their front and back, and will set goals to swim across both the shallow and deep end without assistance.

#### Prerequisites:

Moves forward with paddle motion on front Streamline glides for 3 body lengths on front and back

Blows bubbles when submerged Streamline for 3 body lengths w/ kicking

#### Junior Surfers (40-minute Sessions)

Coached the majority of the time in the deep end, as well as work in the lanes, Junior Surfers will refine techniques on both their front and back, and work on gaining the endurance to swim 25 yards in the lanes without assistance. Junior Surfers may compete in either swim meet.

Prerequisites: Pass Preschool Level 3 Lessons OR: Is comfortable in deep water Swims across the shallow end w/out assistance Treads water for 30 seconds Performs underwater streamlines

#### Reef Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Reef Surfers continue to build endurance and learn valuable competitive swimming techniques on both their fronts and backs. Reef Surfers will begin diving.

**Prerequisites:** Pass LTS Level 3 Lessons OR: Be comfortable in deep water Swims 25 yards without stopping or help

#### Tidal Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Tidal Surfers begin to learn swim etiquette, pace clock management, breaststroke technique, flip turns, and continue to

build endurance.

#### Prerequisites:

Performs rotary breathing 25 yard Backstroke, 50 yard Freestyle Performs streamline into Freestyle

#### Colossal Surfers (1-hour Sessions)

Colossal Surfers will be mainly coached in the lanes with slight deep end work when available. Colossal Surfers will learn DQ infractions, perfect flip turns, dive off the blocks, learn how to do sets, learn the proper turns for breaststroke and butterfly, and learn to do IMs. Strokes will be refined.

#### Prerequisites:

Performs basic breaststroke kick 100 yard Freestyle 50 yard Backstroke Basic Flip Turns

#### Big Kahuna Surfers (1-hour Sessions)

Big Kahuna Surfers will be coached entirely in the lanes. These Surfers know all their strokes, turns, and terminology, and so will work on perfecting their strokes, increasing their endurance, and becoming the best they can be.

#### Prerequisites:

200 yard Freestyle, 100 yard Backstroke 50 yard Breaststroke, 25 yard Butterfly Performs both flip turns and open turns



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Treads water for 30 seconds
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#### Reef Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Reef Surfers continue to build endurance and learn valuable competitive swimming techniques on both their fronts and backs. Reef Surfers will begin diving.

Prerequisites: Pass LTS Level 3 Lessons OR: Be comfortable in deep water Swims 25 yards without stopping or help

#### Tidal Surfers (1-hour Sessions)

Coached in the lanes with deep end work when available, Tidal Surfers begin to learn swim etiquette, pace clock management, breaststroke technique, flip turns, and continue to build endurance.

#### Prerequisites:

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